

TAKE THE GUESSWORK  
OUT OF YOUR DIET



# RMA FST™ Panel Options

## RMA FST™ Enhanced

### Over 220 Food Antigens

Cover all of your bases with our most comprehensive panel, the **RMA FST™ Enhanced**. It has all of the foods tested in the **RMA FST™ Basic** panel, plus over 80 more!

The **RMA FST™ Enhanced** panel includes some additional popular foods consumed in the North American diet, such as:

Blueberry	Flax Seed	Quinoa	Sweet Potato
Chamomile	Honey	Raisin	Tangerine
Chickpea	Mango	Rosemary	Watermelon
Couscous	Peppermint	Squash	...and many more!

## RMA FST™ Vegetarian

### Over 160 Food Antigens

Not worried about fish, seafood and meat? This panel is for you. The **RMA FST™ Vegetarian** panel has all of the vegetarian foods tested in the **RMA FST™ Enhanced** panel, including those listed under Dairy/Eggs.

*Excludes the foods listed in the Fish/Seafood and Meat categories, but includes over 50 vegetarian foods not provided in the **RMA FST™ Basic** panel.*

## RMA FST™ Basic

### Over 125 Food Antigens

Undiagnosed food sensitivities can affect quality of life. Take back control of your health with the **RMA FST™ Basic** panel, a personalized report of over 125 foods.

# RMA FST™ Antigen List

(Continued on Second Side)

Category	RMA FST™ Basic			RMA FST™ Enhanced <i>Everything in the Basic panel, plus</i>	
Dairy/Eggs	Alpha-lactalbumin	Egg White	Milk (Goat)	Milk (Buffalo)	
	Beta-lactoglobulin	Egg Yolk	Milk (Sheep)		
	Casein	Milk (Cow)			
Grains	Barley	Oat	Wheat	Couscous	Spelt
	Durum Wheat	Rye	Wheat Bran	Malt	
	Gliadin				
Grains (Gluten-free)	Buckwheat	Millet		Amaranth	Tapioca
	Corn	Rice		Polenta	

Category		RMA FST™ Basic			RMA FST™ Enhanced <i>Everything in the Basic panel, plus</i>		
Fruit		Apple	Grape	Orange	Blueberry	Mango	Redcurrant
		Apricot	Grapefruit	Peach	Date	Mulberry	Rhubarb
		Avocado	Kiwi	Pear	Fig	Papaya	Tangerine
		Banana	Lemon	Pineapple	Guava	Pomegranate	Watermelon
		Blackberry	Lime	Plum	Lychee	Raisin	
		Blackcurrant	Melon (Honeydew)	Raspberry			
		Cherry	Nectarine	Strawberry			
		Cranberry	Olive				
Vegetables		Asparagus	Cauliflower	Onion	Artichoke	Quinoa	Sweet Potato
		Beet	Celery	Potato	Arugula	Radish	Turnip
		Bell Peppers	Chicory	Soy Bean	Cabbage (Red)	Shallot	Watercress
		Broccoli	Cucumber	Spinach	Chard	Squash (Butternut)	Yucca
		Brussel Sprout	Eggplant	Tomato	Fennel (Leaf)	Squash (Summer)	
		Cabbage (Savoy/White)	Leek				
		Carrot	Lettuce				
Herbs/Spices		Basil	Dill	Nutmeg	Aniseed	Ginkgo	Peppermint
		Chilli (Red)	Garlic	Parsley	Bayleaf	Ginseng	Rosemary
		Cinnamon	Ginger	Peppercorn (Black/White)	Camomile	Liquorice	Saffron
		Clove	Hops	Sage	Cayenne	Marjoram	Tarragon
		Coriander (Leaf)	Mint	Thyme	Curry	Nettle	
		Cumin	Mustard Seed	Vanilla			
Nuts/Seeds		Almond	Canola	Peanut	Bean (Broad)	Flax Seed	Pine Nut
		Bean (Green)	Coconut	Pistachio	Chickpea	Macadamia Nut	Tiger Nut
		Bean (Red Kidney)	Hazelnut	Sesame Seed			
		Bean (White Haricot)	Lentil	Sunflower Seed			
		Brazil Nut	Pea	Walnut			
		Cashew Nut					
Miscellaneous		Cane Sugar	Coffee	Tea (Green)	Agar Agar	Chestnut	Honey
		Carob	Mushroom	Yeast (Baker's)	Aloe Vera	Cola Nut	Transglutaminase
		Cocoa Bean	Tea (Black)	Yeast (Brewer's)	Caper		

Category		RMA FST™ Basic			RMA FST™ Enhanced <i>Everything in the Basic panel, plus</i>		
NOT INCLUDED in the RMA FST™ Vegetarian panel	Fish/Seafood	Cod	Mussel	Sole	Anchovy	Cuttlefish	Sardine
		Crab	Oyster	Swordfish	Barnacle	Eel	Sea Bream (Gilthead)
		Haddock	Plaice	Trout	Bass	Espaguetto	Sea Bream (Red)
		Herring	Salmon	Tuna	Carp	Hake	Snail (Winkle)
		Lobster	Scallop	Turbot	Caviar	Monkfish	Spirulina
		Mackerel	Shrimp/Prawn		Clam	Octopus	Squid
					Clam (Razor)	Perch	Wakame
					Cockle	Pike	
	Meat	Beef	Lamb	Veal	Goat	Ox	Rabbit
		Chicken	Pork	Venison	Horse	Partridge	Wild Boar
		Duck	Turkey		Ostrich	Quail	

\* Rocky Mountain Analytical reserves the right to substitute/change allergens without notice.